
WOK RECIPES: 100 FAST, FRESH & FLAVOURFUL DISHES FROM EAST TO WEST

By

Robin Wickens

Authors Note:

The wok unites worlds: the scent of garlic and soy, the sizzle of chilli, the laughter around a shared table. My hope is that these 100 recipes bring you not only flavour, but joy in the art of fast, fresh, and fearless cooking.

— **Robin Wickens**

Dedication:

For everyone who believes that dinner should always sizzle.

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Introduction:

The wok has been the beating heart of Asian kitchens for over two thousand years. Its rounded base, quick heat response, and incredible versatility make it one of the most efficient cooking tools in the world. From Cantonese stir-fries and Thai noodles to Japanese yakisoba and British-inspired fusions, the wok adapts to any cuisine and any cook.

In this book, you'll discover 100 recipes that capture the spirit of wok cooking—fresh, fast, and bursting with aroma. Whether you're making a quick lunch or a vibrant family supper, these recipes will guide you through every swirl of smoke and every satisfying crackle of the pan.

Disclaimer:

Every recipe in this book has been designed for home cooking using fresh, accessible ingredients. Times and nutritional data are approximate and may vary depending on your equipment and portioning. Always handle raw meat, seafood, and eggs safely, and cook thoroughly.

This book is intended for educational and recreational use. No responsibility is accepted for errors, omissions, or outcomes resulting from the use of the information contained herein.

“What Exactly Is Wok Hei?”

Wok Hei (pronounced “wok hay”) is often translated as “breath of the wok.” It’s that elusive smoky, caramelised aroma achieved only when food is cooked over fierce heat with rapid tossing.

The trick? Preheat your wok until it's nearly smoking, keep ingredients dry, and work fast. Once you master *Wok Hei*, you'll never want to cook stir-fries any other way.

Equipment You'll Actually Use

Carbon Steel Wok – the most traditional and responsive. Non-stick options are fine for beginners but won't develop the same smoky character.

Wok Spatula or Turner – curved to match the wok's shape.

Long Chopsticks or Tongs – for flipping and serving.

Wok Ring (for gas hobs) – helps stabilise round-bottom woks.

Steamer Insert – for dim sum, buns, and gentle steaming.

Lid – essential for steaming, braising, and trapping flavours.

High-heat Oil – such as groundnut, rapeseed, or sunflower oil.

Store Cupboard Staples:

Soy Sauce (light & dark)
Oyster Sauce
Fish Sauce
Rice Vinegar
Shaoxing Rice Wine
Sesame Oil
Cornflour (for thickening and velveting)
Rice Noodles & Egg Noodles
Chilli Paste or Sambal Oelek
Garlic, Ginger & Spring Onions
Stock Cubes or Broth Base
Five-Spice Powder & Sichuan Peppercorns
Coconut Milk
Cashews, Peanuts, and Sesame Seeds

Techniques: Wok Mastery 101

Preheat until lightly smoking before adding oil.
Add aromatics first – garlic, ginger, chilli – to infuse the oil.
Cook in small batches – overcrowding drops the heat and kills *Wok Hei*.
Use high heat and keep moving – stir-fry literally means “to fry while stirring.”

Thicken with cornflour slurry – for glossy sauces that cling.

Season your wok regularly – just like a cast-iron pan, it improves with age.

Conversions & Temperatures (Quick Reference)

- 1 cup = 240 ml
- 1 tablespoon = 15 ml
- 1 teaspoon = 5 ml
- 1 inch = 2.5 cm
- Stir-fry heat: 230–260°C (very high)
- Braise/Steam: 160–180°C (medium)
- Deep fry: 180°C

Allergens & Swaps

Common Allergen

Swap or Note for UK Cooks

Soy

Use coconut aminos or tamari (gluten-free)

Wheat (in soy sauce, noodles)

Use rice noodles or GF tamari

Common Allergen

Swap or Note for UK Cooks

Shellfish	Replace oyster sauce with mushroom sauce
Peanuts	Substitute with cashews or toasted sesame
Sesame	Omit and increase flavour with lime or coriander
Dairy	Rare in traditional recipes, but use coconut milk instead of cream if needed

Origins & Cultural Notes

The wok originated in China during the Han dynasty and spread across Asia, each region developing its own traditions.

- **China** – Cantonese stir-fries, Sichuan spice, Beijing black bean dishes.
- **Thailand** – Fast, fragrant noodle stir-fries.
- **Japan** – Yakisoba and tempura-style frying.
- **Vietnam** – Fresh herbs and light fish sauces.
- **Britain** – Modern fusions bringing Asian flavours to the weeknight table.

“The Sound of a Good Stir-Fry”

When the wok sings—a hiss, a pop, and a sizzle—you’re doing it right. Silence means it’s too cold. Smoke too early? Turn it down slightly. Wok cooking is a rhythm, not a recipe.

Chapter 1 – Classic Chinese Wok Favourites

Chicken & Cashew Stir-Fry

Few dishes represent Cantonese home cooking quite like this. It's quick enough for a weeknight yet elegant enough to serve at a dinner party. The combination of tender chicken, crisp vegetables and buttery cashews, glazed in a light soy-garlic sauce, captures the heart of wok cooking: hot, fast and fragrant. From start to finish, it takes no more than twenty minutes, and although it isn't designed for freezing, the speed of the dish means you'll never need to.

Ingredients

500 g chicken breast fillets, thinly sliced across the grain
2 tbsp groundnut oil
2 garlic cloves, finely chopped
1 tbsp grated fresh ginger
1 red pepper, deseeded and thinly sliced
1 small courgette, sliced into half-moons
2 tbsp light soy sauce
1 tbsp dark soy sauce
1 tbsp Shaoxing rice wine or dry sherry

1 tsp cornflour mixed with 1 tbsp cold water
60 g roasted unsalted cashew nuts
1 tsp toasted sesame oil
Steamed jasmine rice, to serve

Method

Heat the wok over high heat until it begins to smoke lightly. Add one tablespoon of oil and swirl to coat the surface.

1. Add the chicken and stir-fry briskly for two minutes until just coloured; remove to a plate.
2. Add the remaining oil, followed by the garlic and ginger. Stir-fry for thirty seconds until aromatic.
3. Add the pepper and courgette and toss for two to three minutes until lightly tender.
4. Return the chicken to the wok. Pour in both soy sauces and the rice wine, stirring rapidly so the liquids sizzle and reduce.
5. Stir in the cornflour slurry; cook for one minute until the sauce thickens and coats everything in a glossy sheen.
6. Scatter over the cashews, drizzle with sesame oil and toss once more. Serve immediately with steamed jasmine rice.

Nutrition (per portion) ≈ 350 kcal | 28 g protein | 20 g fat | 12 g carbohydrate

Allergens: Nuts, soy, sesame | Swap notes: Use tamari for gluten-free; replace cashews with toasted pumpkin seeds if nut-free.

Pairing: A crisp lager or chilled jasmine tea balances the savoury soy and sweetness of the nuts.

Beef in Black Bean Sauce

This Guangdong favourite is a benchmark for good stir-frying technique. The fermented black beans give a deep savouriness that defines Cantonese cuisine. Cooked correctly, the beef stays tender, the vegetables bright, and the sauce glossy. Serve it steaming hot with a bowl of white rice and you'll understand why it's a takeaway classic turned home staple.

Ingredients

500 g sirloin or rump steak, thinly sliced across the grain

2 tbsp groundnut oil

1 medium onion, cut into wedges

1 red pepper and 1 green pepper, sliced

2 tbsp fermented black beans, rinsed and lightly crushed

1 tbsp dark soy sauce
1 tbsp light soy sauce
1 tbsp Shaoxing wine or dry sherry
1 tsp sugar
½ tsp cornflour mixed with 1 tbsp cold water
Fresh coriander, to garnish

Method

1. Pat the beef dry with kitchen paper. Heat the wok until hot, add one tablespoon of oil and swirl. Add half the beef and sear for thirty seconds; remove, then repeat with the remainder. Set aside.
2. Add the remaining oil to the wok. Stir-fry the onion and peppers for two to three minutes until slightly charred.
3. Add the black beans, soy sauces, Shaoxing wine and sugar. Stir well until fragrant and bubbling.
4. Return the beef to the wok with any juices, then pour in the cornflour slurry. Cook for one minute until the sauce thickens and coats the meat.
5. Serve immediately, garnished with coriander leaves.

Nutrition (per portion) ≈ 380 kcal | 28 g protein | 22 g fat | 16 g carbohydrate

Allergens: Soy, gluten | **Swap notes:** Use

tamari for gluten-free; replace beef with mushrooms or seitan for a vegetarian version.

Pairing: Dry Riesling or Tsingtao-style beer accentuates the sauce's salt-sweet balance.

Prawn Fried Rice

Leftover rice never tasted so good. Originating from Cantonese kitchens as a thrifty way to use up cold rice, this version adds prawns, peas and egg for a complete meal in one sizzling wok. It cooks in minutes, so have everything ready before you start.

Ingredients

2 tbsp groundnut oil
2 eggs, lightly beaten
300 g cooked long-grain rice, chilled
150 g raw prawns, peeled and deveined
½ cup frozen peas
2 spring onions, finely sliced
1 tbsp light soy sauce
1 tsp sesame oil

Method

Heat the wok and add one tablespoon of oil. Pour in the beaten eggs and swirl quickly to form soft curds; remove and set aside.

Add the remaining oil, then the prawns. Stir-fry until pink, about one minute.

Add the peas and half the spring onions; toss for another minute.

Add the cold rice, breaking up any lumps with the spatula. Stir-fry for two to three minutes over high heat until hot and lightly toasted.

Return the eggs, drizzle with soy sauce and sesame oil, and toss everything together.

Serve immediately, scattered with the remaining spring onions.

Nutrition (per portion) ≈ 420 kcal | 25 g protein | 16 g fat | 44 g carbohydrate

Allergens: Egg, shellfish, soy, sesame |

Swap notes: Use tamari for gluten-free; omit prawns for vegetarian.

Pairing: Sauvignon Blanc or sparkling water with lime.

Kung Pao Chicken

A fiery favourite from Sichuan, this dish balances heat, sweetness and the numbing tingle of Sichuan peppercorns. The sauce clings to each piece of chicken and the roasted peanuts add crunch. Quick, bold and addictive.

Ingredients

500 g boneless chicken breast, diced
2 tbsp cornflour
2 tbsp oil
2 cloves garlic, chopped
1 tbsp grated ginger
6 dried chillies, halved
1 tsp Sichuan peppercorns
1 red pepper, diced
2 tbsp light soy sauce
1 tbsp rice vinegar
1 tbsp sugar
1 tsp sesame oil
60 g roasted peanuts

Method

1. Dust the chicken in cornflour. Heat the wok, add oil and stir-fry the chicken until golden; remove and set aside.
2. Add the garlic, ginger, chillies and peppercorns; fry for thirty seconds until fragrant.
3. Add the red pepper and cook for another minute.
4. Return chicken, add soy sauce, vinegar and sugar; toss rapidly until coated and sticky.
5. Finish with sesame oil and peanuts. Serve immediately with steamed rice.

Nutrition (per portion) ≈ 400 kcal | 30 g protein | 20 g fat | 15 g carbohydrate

Allergens: Nuts, soy, sesame | **Swap notes:**

Use cashews instead of peanuts; tamari for gluten-free.

Pairing: Pale ale or iced green tea.

Vegetable Chow Mein

Northern China's answer to quick comfort food, this noodle stir-fry is endlessly adaptable. Crisp vegetables and chewy noodles coated in soy and oyster sauce make a satisfying vegetarian main or side.

Ingredients

250 g egg noodles
2 tbsp groundnut oil
1 small onion, sliced
1 carrot, julienned
1 red pepper, sliced
1 cup beansprouts
2 tbsp light soy sauce
1 tbsp oyster or mushroom sauce
1 tsp sesame oil

Method

1. Cook the noodles according to packet instructions; drain and set aside.
2. Heat the wok and add the oil. Stir-fry the onion and carrot for one minute, then add the pepper and beansprouts.
3. Toss for another two minutes, then add the noodles and both sauces.
4. Stir-fry rapidly until everything is coated and steaming. Drizzle with sesame oil before serving.

Nutrition (per portion) ≈ 360 kcal | 10 g protein | 12 g fat | 52 g carbohydrate

Allergens: Soy, gluten, sesame | **Swap**

notes: Use rice noodles and tamari for gluten-free; omit oyster sauce for vegan.

Pairing: Pinot Grigio or jasmine tea.

Sweet & Sour Pork

A bright, tangy favourite that has travelled from Cantonese banquet halls to British high streets. The key to its lively flavour is the balance of sweet pineapple, sharp vinegar, and a glossy tomato glaze. This version keeps the pork crisp and the vegetables vibrant — everything you want in a takeaway classic made at home.

Ingredients

500 g pork shoulder or loin, cut into bite-size cubes
2 tbsp cornflour
½ tsp salt
1 egg, lightly beaten
2 tbsp groundnut oil
1 small onion, cut into chunks
1 red pepper and 1 green pepper, cut into squares
100 g pineapple chunks (fresh or tinned)
3 tbsp tomato ketchup
1 ½ tbsp rice vinegar
1 tbsp light soy sauce
1 ½ tbsp soft brown sugar
1 tsp cornflour mixed with 2 tbsp water

Method

1. In a bowl combine the pork with cornflour, salt and egg; mix until evenly coated.
2. Heat the wok and add one tablespoon of oil. Stir-fry the pork in batches for two to three minutes until golden on all sides. Remove and drain on kitchen paper.
3. Add the remaining oil and fry the onion and peppers for one minute to soften slightly.

4. In a small jug combine ketchup, vinegar, soy sauce and sugar; pour into the wok. Bring to a simmer.
5. Add the pineapple and cooked pork. Stir in the cornflour slurry and cook for one minute until the sauce thickens and becomes glossy.
6. Serve immediately with plain steamed rice.

Nutrition (per portion) $\approx$ 420 kcal | 31 g protein | 18 g fat | 32 g carbohydrate

Allergens: Soy | **Swap notes:** Use tamari for gluten-free; substitute chicken or tofu for pork.

Pairing: Rosé wine or chilled ginger beer complements the sweet-sour balance.

Mapo Tofu

One of Sichuan's most famous dishes, Mapo Tofu is a celebration of heat, spice and the numbing tingle of Sichuan peppercorns. Traditionally made with minced pork and soft tofu, it's richly savoury and deeply comforting. Serve with plain rice to soak up the sauce.

Ingredients

2 tbsp groundnut oil

250 g minced pork (or minced mushrooms for vegan)

2 cloves garlic, finely chopped

1 tbsp grated fresh ginger

1 tbsp doubanjiang (chilli-bean paste)

1 tbsp fermented black beans, rinsed and chopped

300 ml chicken or vegetable stock

1 tbsp light soy sauce

1 tsp sugar

400 g soft tofu, cut into 2 cm cubes

1 tsp cornflour mixed with 1 tbsp water

½ tsp Sichuan peppercorns, toasted and crushed

2 spring onions, sliced

Method

1. Heat the wok and add the oil. Fry the minced pork for three to four minutes until browned.
2. Add garlic, ginger, doubanjiang and black beans. Stir-fry for one minute until aromatic.
3. Pour in the stock, soy sauce and sugar; bring to a simmer.

4. Gently slide in the tofu cubes and simmer for five minutes, stirring occasionally to avoid breaking them.
5. Add the cornflour slurry and cook for one minute until slightly thickened.
6. Sprinkle with crushed Sichuan pepper and spring onions. Serve hot with rice.

Nutrition (per portion) ≈ 380 kcal | 22 g protein | 24 g fat | 12 g carbohydrate

Allergens: Soy | **Swap notes:** Use tamari for gluten-free; tofu-only version is vegan.

Pairing: Dry Riesling or chilled lager offsets the heat perfectly.

Beef Chow Fun

A Hong Kong street-food staple famous for its simplicity: broad rice noodles tossed with tender beef, beansprouts and soy sauce over fierce heat. The trick is speed — the noodles must char slightly without drying out.

Ingredients

250 g fresh wide rice noodles
300 g beef sirloin, thinly sliced
2 tbsp light soy sauce
1 tbsp dark soy sauce
1 tsp sugar

2 tbsp groundnut oil
2 cloves garlic, crushed
2 spring onions, sliced
1 cup beansprouts

Method

1. Separate the rice noodles gently and set aside.
2. Combine the beef with one tablespoon of light soy sauce and the sugar; marinate for ten minutes.
3. Heat one tablespoon of oil in the wok. Stir-fry the beef for one minute until browned; remove.
4. Add the remaining oil, then garlic and noodles. Toss rapidly for one minute.
5. Add the beef back in along with the remaining soy sauces, beansprouts and spring onions.
6. Stir-fry for another minute until the noodles are lightly charred and glossy. Serve immediately.

Nutrition (per portion) ≈ 400 kcal | 29 g protein | 14 g fat | 38 g carbohydrate

Allergens: Soy, gluten | **Swap notes:** Use tamari and gluten-free rice noodles for GF.

Pairing: A crisp lager or cold oolong tea keeps the palate refreshed.

Egg Foo Young

A soft, savoury omelette full of prawns, beansprouts and spring onions, served with a light soy gravy. Created by Chinese cooks in America, it's become a trans-Pacific classic. Light yet satisfying, it's best eaten fresh from the wok.

Ingredients

4 large eggs

100 g small cooked prawns

1 cup beansprouts

2 spring onions, finely chopped

½ tsp salt

¼ tsp white pepper

2 tbsp groundnut oil

For the sauce

150 ml chicken or vegetable stock

1 tbsp light soy sauce

1 tsp cornflour mixed with 1 tbsp cold water

Method

1. In a bowl, beat the eggs with salt and pepper, then fold in prawns, beansprouts and spring onions.
2. Heat the wok, add the oil and pour in the mixture to form a thick omelette.

Cook for two to three minutes on each side until golden. Slide onto a plate.

3. For the sauce, pour stock and soy sauce into the wok and bring to a simmer. Add cornflour slurry and cook until slightly thickened.
4. Pour the sauce over the omelette and serve immediately.

Nutrition (per portion) ≈ 360 kcal | 28 g protein | 22 g fat | 8 g carbohydrate

Allergens: Egg, shellfish, soy | **Swap notes:** Use diced tofu instead of prawns for vegetarian.

Pairing: Chardonnay or sparkling water with lemon.

Garlic Green Beans with Chilli

A simple Hunan side that proves vegetables can steal the show. The beans are blistered until wrinkled and smoky, then tossed with garlic and dried chillies for a punchy finish. Serve alongside rice or noodles for an easy mid-week meal.

Ingredients

400 g green beans, trimmed

2 tbsp groundnut oil

2 dried red chillies, broken in half

3 garlic cloves, finely chopped
1 tbsp light soy sauce
1 tsp rice vinegar
½ tsp sugar

Method

1. Heat the wok dry until very hot. Add the beans and stir-fry without oil for two minutes until slightly blistered; remove and set aside.
2. Add the oil to the wok, followed by chillies and garlic. Fry for thirty seconds until aromatic.
3. Return the beans, add soy sauce, vinegar and sugar, and toss over high heat for one minute.
4. Serve immediately, glossy and tender-crisp.

Nutrition (per portion) ≈ 180 kcal | 4 g protein | 12 g fat | 11 g carbohydrate

Allergens: Soy | **Swap notes:** Use tamari for gluten-free.

Pairing: Citrus IPA or green tea.

The Rhythm of the Wok

Cooking in a wok is more than technique; it's tempo. Each ingredient joins the dance in sequence: the aromatics lead, the vegetables follow, and the sauce arrives for the finale. When the sound is a hiss rather than a splutter, you're in time with the fire.

Chapter 2 – Thai Street-Food Wok Wonders

Pad Thai with King Prawns

Perhaps Thailand's most famous export, Pad Thai captures the perfect balance of sweet, sour, salty and nutty flavours. Traditionally cooked by Bangkok street vendors in smoking woks, it's a dish that rewards quick reflexes and a sense of timing. Ready in under fifteen minutes, it's an irresistible showcase of fresh ingredients and heat control.

Ingredients

200 g flat rice noodles
2 tbsp groundnut oil
2 eggs, lightly beaten
200 g raw king prawns, peeled and deveined
1 small shallot, finely chopped
2 garlic cloves, crushed
1 red chilli, finely sliced
80 g beansprouts
2 spring onions, sliced
1 tbsp fish sauce
1 ½ tbsp tamarind paste
1 tbsp palm sugar (or soft brown sugar)

40 g roasted peanuts, roughly chopped
1 lime, cut into wedges

Method

1. Soak the noodles in warm water for 10 minutes until flexible, then drain.
2. Heat the wok until very hot. Add one tablespoon of oil and pour in the beaten eggs; swirl and scramble for 30 seconds, then lift out and set aside.
3. Add the remaining oil, shallot, garlic and chilli; stir-fry for 30 seconds.
4. Add the prawns and fry until pink — about 2 minutes.
5. Tip in the noodles, beansprouts and spring onions. Add fish sauce, tamarind paste and sugar, tossing constantly until everything is coated and glossy.
6. Return the egg, scatter over peanuts, and toss once more. Serve immediately with lime wedges.

Nutrition (per portion) ≈ 430 kcal | 28 g protein | 16 g fat | 48 g carbohydrate

Allergens: Shellfish, nuts, fish | **Swap notes:** Use tofu and soy sauce instead of fish sauce for vegetarian; omit nuts if needed.

Pairing: Cold Thai lager or chilled Riesling.

Thai Basil Chicken (Gai Pad Krapow)

This fiery favourite from Bangkok is all about speed: chicken mince sizzled with garlic, chillies and the aniseed fragrance of holy basil. Served over jasmine rice with a runny fried egg, it's Thailand's most beloved fast food.

Ingredients

2 tbsp oil
4 garlic cloves, minced
2 red bird's-eye chillies, chopped
500 g minced chicken
1 tbsp oyster sauce
1 tbsp light soy sauce
1 tsp fish sauce
½ tsp sugar
A handful of holy basil leaves (or Thai basil)
Steamed jasmine rice, to serve
4 fried eggs (optional)

Method

1. Heat the oil in the wok until hot. Add garlic and chillies; stir-fry for 30 seconds until fragrant.
2. Add the minced chicken and stir-fry for 4–5 minutes until browned and cooked through.

3. Add the oyster sauce, soy sauce, fish sauce and sugar; stir well and cook for another minute until glossy.
4. Toss in the basil leaves and remove from heat as soon as they wilt.
5. Serve immediately over rice with a fried egg on top.

Nutrition ≈ 390 kcal | 34 g protein | 20 g fat | 12 g carbohydrate

Allergens: Fish, soy, egg (optional) | **Swap**

notes: Use mushroom soy and tofu for vegan.

Pairing: Pale ale or iced lemon tea.

Drunken Noodles (Pad Kee Mao)

Despite the name, no alcohol appears in the dish; its reputation comes from being the perfect cure for a late-night hangover. Broad rice noodles, chilli, basil and garlic collide in a savoury-spicy sauce that feels alive with energy.

Ingredients

200 g wide rice noodles

2 tbsp groundnut oil

2 garlic cloves, sliced

1 red chilli, chopped

1 small onion, sliced
150 g chicken breast, thinly sliced
1 tbsp light soy sauce
1 tbsp dark soy sauce
1 tsp sugar
A handful of Thai basil leaves
Lime wedges, to serve

Method

1. Soak noodles in warm water for 10 minutes until pliable; drain.
2. Heat the oil and add garlic and chilli; stir-fry briefly.
3. Add the onion and chicken; cook for 3 minutes until the meat is opaque.
4. Add the noodles, both soy sauces and sugar; toss briskly for 2 minutes so everything is coated and slightly charred.
5. Add the basil leaves and remove from the heat as they wilt. Serve immediately with lime wedges.

Nutrition ≈ 410 kcal | 30 g protein | 14 g fat | 45 g carbohydrate

Allergens: Soy | **Swap notes:** Tamari for GF; tofu for vegan.

Pairing: Cold beer or sparkling water with lime.

Thai Green Curry Stir-Fry

All the fragrance of a traditional curry, cooked fast and dry in a wok rather than simmered in sauce. The coconut aroma clings to tender chicken and bright vegetables, offering maximum flavour in minimal time.

Ingredients

2 tbsp oil

1 tbsp Thai green curry paste

400 g chicken breast, thinly sliced

100 ml coconut milk

1 red pepper, sliced

1 courgette, sliced

1 tbsp fish sauce

½ tsp sugar

Basil leaves and lime wedges to serve

Method

1. Heat the oil and fry the curry paste for 30 seconds until fragrant.
2. Add the chicken and stir-fry for 3–4 minutes until sealed.
3. Add the coconut milk and simmer briefly to coat the meat.
4. Toss in the pepper and courgette; cook for 2–3 minutes until tender.

5. Stir in fish sauce and sugar, then serve garnished with basil and lime.

Nutrition ≈ 420 kcal | 32 g protein | 23 g fat | 15 g carbohydrate

Allergens: Fish | **Swap notes:** Use soy sauce for vegetarian/vegan.

Pairing: Light lager or dry Riesling.

Stir-Fried Morning Glory (Pak Boong Fai Daeng)

A staple of Thai street-side diners, this quick vegetable stir-fry is smoky, garlicky and a little fiery. Morning glory (water spinach) can be substituted with tenderstem broccoli or spinach.

Ingredients

2 tbsp oil

3 garlic cloves, crushed

2 bird's-eye chillies, sliced

250 g morning glory (water spinach),
trimmed

1 tbsp oyster sauce

1 tsp soy sauce

1 tsp sugar

Splash of water

Method

1. Heat the wok until smoking. Add oil, garlic and chillies; stir-fry for 30 seconds.
2. Add the morning glory and a splash of water; toss briskly.
3. Add the oyster sauce, soy sauce and sugar; stir-fry for one minute until the leaves wilt and stems are bright green.
4. Serve immediately as a side or light lunch.

Nutrition ≈ 160 kcal | 5 g protein | 10 g fat | 9 g carbohydrate

Allergens: Soy, shellfish (from oyster sauce)

| **Swap notes:** Mushroom oyster sauce for vegan.

Pairing: Chilled green tea or light beer.

Thai Sweet Chilli Tofu

Crispy tofu coated in a sticky sweet chilli sauce is a modern Thai vegetarian classic. The secret is double-frying the tofu for crispness before tossing in the glaze.

Ingredients

400 g firm tofu, pressed and cubed

2 tbsp cornflour

3 tbsp oil
2 garlic cloves, minced
3 tbsp Thai sweet chilli sauce
1 tbsp soy sauce
Juice of ½ lime
Coriander leaves, to serve

Method

1. Toss the tofu in cornflour until coated. Heat two tablespoons of oil and fry the tofu in batches until golden and crisp; drain.
2. Wipe the wok clean and add the remaining oil with garlic; stir-fry for 30 seconds.
3. Add the sweet chilli sauce, soy sauce and lime juice; bring to a bubble.
4. Return the tofu to the wok and toss to coat evenly.
5. Serve hot with coriander sprinkled on top.

Nutrition ≈ 340 kcal | 20 g protein | 18 g fat | 22 g carbohydrate

Allergens: Soy | **Swap notes:** Tamari for GF.

Pairing: Sparkling water with lime or pale ale.

Thai Pineapple Fried Rice

A vibrant dish that captures the essence of Thai cooking: the balance between savoury, sweet and aromatic. Fresh pineapple gives bursts of sweetness against the gentle spice of curry powder, and the golden rice makes for a beautiful presentation. It's often served in a hollowed-out pineapple, but a hot wok does the real magic.

Ingredients

2 tbsp groundnut oil
2 eggs, lightly beaten
1 small onion, finely chopped
1 garlic clove, minced
1 tsp mild curry powder
300 g cooked jasmine rice, cooled
150 g diced cooked chicken or prawns
100 g diced fresh pineapple (or tinned in juice, drained)
2 tbsp light soy sauce
1 tsp sugar
2 spring onions, sliced
40 g roasted cashew nuts
Coriander leaves and lime wedges to serve

Method

1. Heat the wok until very hot and add one tablespoon of oil. Pour in the eggs and scramble quickly; remove and set aside.
2. Add the remaining oil, then onion and garlic. Fry for one minute until fragrant, then stir in the curry powder.
3. Add the rice, breaking up any lumps, and toss briskly over high heat until hot.
4. Stir in the chicken or prawns, pineapple, soy sauce and sugar. Cook for two minutes, stirring continuously so the rice takes on colour.
5. Return the eggs and toss with spring onions and cashews.
6. Serve immediately with coriander and lime wedges.

Nutrition (per portion) $\approx$ 420 kcal | 22 g protein | 15 g fat | 47 g carbohydrate

Allergens: Egg, nuts, soy | **Swap notes:** Use tofu for vegetarian; tamari for gluten-free.

Pairing: Light lager or sparkling pineapple water.

Lemongrass Beef Stir-Fry

The fragrance of lemongrass defines this dish: citrusy, herbal and unmistakably Thai. Quick cooking keeps the beef tender and the flavours bright. It's equally good over rice or wrapped in lettuce leaves for a lighter meal.

Ingredients

500 g beef rump, thinly sliced
2 tbsp oil
2 stalks lemongrass, outer layers removed,
finely chopped
2 garlic cloves, minced
1 red chilli, sliced
1 tbsp light soy sauce
1 tbsp fish sauce
½ tsp sugar
Juice of ½ lime
Handful of coriander leaves

Method

1. Heat the wok and add the oil. Fry the lemongrass, garlic and chilli for 30 seconds until fragrant.
2. Add the beef and stir-fry for 3 minutes until browned.

3. Add the soy sauce, fish sauce and sugar; cook for 1 minute more until glossy.
4. Squeeze over lime juice, toss with coriander and serve immediately.

Nutrition (per portion) ≈ 390 kcal | 34 g protein | 20 g fat | 10 g carbohydrate

Allergens: Soy, fish | **Swap notes:** Use tamari and soy sauce for vegan (with seitan).

Pairing: Dry rosé or crisp lager.

Pad See Ew (Soy Sauce Noodles)

This is Thailand's comforting noodle stir-fry — wide rice noodles tossed with dark soy, egg and Chinese broccoli. The secret lies in letting the noodles caramelise slightly against the wok for that characteristic smoky sweetness.

Ingredients

250 g fresh wide rice noodles

2 tbsp oil

2 cloves garlic, minced

150 g chicken breast or tofu, sliced

1 egg

1 tbsp light soy sauce

1 ½ tbsp dark soy sauce

1 tsp sugar

200 g Chinese broccoli or tenderstem,
chopped

Method

1. Heat the wok and add oil. Fry the garlic for 15 seconds until golden.
2. Add chicken or tofu; stir-fry until cooked through.
3. Push to one side, crack in the egg and scramble lightly.
4. Add noodles, both soy sauces and sugar; toss briskly for 2 minutes.
5. Add the greens and cook until just tender and coated in sauce.
6. Serve immediately while the noodles are still glossy.

Nutrition (per portion) ≈ 400 kcal | 28 g protein | 14 g fat | 42 g carbohydrate

Allergens: Soy, egg | **Swap notes:** Use tamari for gluten-free.

Pairing: Citrus wheat beer or iced green tea.

Chilli & Basil Squid

A fiery, aromatic seafood dish found along Thailand's coasts. The squid cooks in seconds, staying tender as the sauce

thickens around it. The scent of garlic, chilli and basil makes it impossible to resist.

Ingredients

400 g cleaned squid, cut into rings

2 tbsp oil

3 garlic cloves, minced

2 red chillies, finely sliced

1 tbsp fish sauce

1 tbsp light soy sauce

1 tsp sugar

A handful of Thai basil leaves

Lime wedges to serve

Method

1. Heat the wok until smoking hot. Add oil, garlic and chillies; stir-fry 30 seconds.
2. Add the squid and cook for 1–2 minutes until opaque.
3. Add fish sauce, soy sauce and sugar; toss well so the liquid reduces slightly.
4. Stir in basil leaves and remove from heat immediately.
5. Serve hot with lime wedges and jasmine rice.

Nutrition (per portion) ≈ 310 kcal | 36 g protein | 12 g fat | 8 g carbohydrate

Allergens: Fish, soy, shellfish | **Swap notes:**

Use tofu for vegetarian.

Pairing: Chilled Sauvignon Blanc or light pilsner.

The Flavours of Thai Fire

Thai wok cooking is about balance and speed. Every dish holds four notes — salty, sweet, sour, and heat — each chasing the other across the palate. The wok's flame seals in fragrance before the sauce ever thinks of simmering. It's cooking as rhythm, as melody, as joy.

Chapter 3 – Japanese & Korean Inspirations

Teriyaki Chicken Stir-Fry

A glossy, savoury-sweet stir-fry that defines Japanese home cooking. The name *teriyaki* literally means “shining grill”, and that lustre comes from soy, mirin and sugar reducing to a delicate glaze. This wok-friendly version keeps all the flavour without the need for a grill — perfect for quick weekday suppers.

Ingredients

2 tbsp groundnut oil

500 g boneless chicken thighs, cut into bite-size pieces

2 garlic cloves, minced

1 tbsp grated fresh ginger

3 tbsp soy sauce

2 tbsp mirin (or sweet rice wine)

1 tbsp sake (optional)

1 ½ tbsp sugar

1 small carrot, julienned

1 red pepper, sliced

1 spring onion, to garnish

Sesame seeds for sprinkling

Method

1. Heat one tablespoon of oil in the wok over medium-high heat. Add the chicken and fry for 4 minutes until lightly browned; remove and set aside.
2. Add the remaining oil, garlic and ginger; stir-fry for 30 seconds until fragrant.
3. Combine soy sauce, mirin, sake and sugar in a small jug. Pour into the wok and bring to a gentle bubble.
4. Return the chicken along with the carrot and pepper. Toss for 3 minutes until the sauce thickens to a glossy coat.
5. Serve with rice, sprinkled with spring onions and sesame seeds.

Nutrition (per portion) ≈ 410 kcal | 31 g protein | 17 g fat | 28 g carbohydrate

Allergens: Soy, sesame | **Swap notes:**

Tamari for gluten-free; maple syrup for sugar-free variation.

Pairing: Dry Riesling or cold Japanese lager.

Yaki Udon

Thick, chewy udon noodles are the heart of this comforting stir-fry. The combination of

ginger, soy and a touch of oyster sauce gives that distinctive street-food depth. It's a favourite at Tokyo izakayas and a dream for busy nights at home.

Ingredients

250 g fresh udon noodles
2 tbsp groundnut oil
1 onion, thinly sliced
150 g pork or chicken strips
1 carrot, julienned
1 cup shredded cabbage
2 tbsp light soy sauce
1 tbsp oyster sauce (or mushroom sauce for vegan)
1 tsp sugar
1 spring onion, sliced
Pickled ginger to serve

Method

1. Cook the udon in boiling water for two minutes; drain and rinse.
2. Heat oil in the wok; add onion and meat, stir-fry for 2 minutes until just coloured.
3. Add carrot and cabbage; cook another 2 minutes.
4. Add noodles, soy sauce, oyster sauce and sugar; toss rapidly so the sauce

coats everything and the noodles begin to sear.

5. Serve immediately with spring onions and a pinch of pickled ginger.

Nutrition ≈ 430 kcal | 27 g protein | 15 g fat | 45 g carbohydrate

Allergens: Soy, gluten, shellfish (from oyster sauce) | **Swap notes:** Rice noodles + tamari for GF.

Pairing: Sake or light beer.

Miso Vegetable Stir-Fry

A gentle and umami-rich dish built around miso paste, Japan's fermented soybean staple. The result is a silky coating on the vegetables with a deep savoury undertone that pairs beautifully with rice or tofu.

Ingredients

2 tbsp oil
1 garlic clove, crushed
1 tbsp grated ginger
1 small aubergine, cubed
1 courgette, sliced
1 red pepper, chopped
2 tbsp white miso paste
1 tbsp soy sauce

2 tbsp water
1 tsp sugar
1 spring onion, to finish

Method

1. Heat the wok and add oil. Add garlic and ginger; stir-fry for 20 seconds.
2. Add the aubergine, courgette and pepper; cook for 5 minutes until softened.
3. Mix miso, soy sauce, water and sugar in a cup, then pour into the wok.
4. Stir well to coat and cook for two minutes until glossy. Serve with spring onions on top.

Nutrition ≈ 310 kcal | 8 g protein | 18 g fat | 28 g carbohydrate

Allergens: Soy | **Swap notes:** Gluten-free miso and tamari for GF.

Pairing: Cold green tea or dry white wine.

Katsu Chicken in the Wok

A shortcut to Japan's beloved breaded cutlet served with a curry-style sauce. Instead of deep-frying, the chicken is pan-seared in the wok and finished with a silky katsu gravy.

Crisp edges, tender centre, and a rich golden sauce — all in one pan.

Ingredients

2 chicken breasts, halved and flattened
4 tbsp plain flour
1 egg, beaten
50 g panko breadcrumbs
2 tbsp oil
1 onion, finely chopped
1 garlic clove, crushed
1 tbsp curry powder
1 tbsp plain flour
300 ml chicken stock
1 tbsp soy sauce
1 tsp sugar

Method

1. Coat each chicken piece in flour, then egg, then panko.
2. Heat 1 tbsp oil in the wok and fry each side for 3 minutes until golden and cooked through; remove.
3. Add the remaining oil and fry onion and garlic until soft. Stir in curry powder and flour for 30 seconds.
4. Gradually add stock, soy sauce and sugar, stirring to a smooth sauce.

5. Slice the chicken, pour the sauce over and serve with rice.

Nutrition ≈ 540 kcal | 36 g protein | 22 g fat | 42 g carbohydrate

Allergens: Gluten, egg, soy | **Swap notes:**

Use GF flour and tamari for coeliacs.

Pairing: Japanese lager or sparkling apple cider.

Korean Beef Bulgogi

Thin slices of beef marinated in soy, pear and garlic — seared fast for that caramelised edge. “Bulgogi” translates as fire meat, and it’s best when cooked over high flame. Serve with rice or wrap in lettuce leaves for a traditional Korean touch.

Ingredients

500 g sirloin, thinly sliced

2 tbsp soy sauce

1 tbsp sesame oil

1 tbsp brown sugar

2 garlic cloves, crushed

½ pear, grated

2 spring onions, chopped

1 tsp sesame seeds

1 tbsp oil for frying

Method

1. Combine soy sauce, sesame oil, sugar, garlic and pear in a bowl. Add the beef and marinate for 15 minutes.
2. Heat the wok until smoking. Add oil and cook beef in batches for one minute until slightly charred.
3. Return all beef to the wok with spring onions; stir-fry briefly and sprinkle with sesame seeds.
4. Serve immediately.

Nutrition ≈ 420 kcal | 33 g protein | 22 g fat | 14 g carbohydrate

Allergens: Soy, sesame | **Swap notes:**

Tamari for GF.

Pairing: Korean lager or light red wine.

Kimchi Fried Rice (Kimchi Bokkeum Bap)

A fiery, deeply savoury staple of Korean home cooking. Leftover rice meets tangy, fermented kimchi and a slick of gochujang chilli paste for a fast, satisfying meal. Topped with a fried egg, it's comfort food with attitude.

Ingredients

2 tbsp groundnut oil
1 small onion, finely chopped
100 g kimchi, chopped plus 1 tbsp of its juice
1 tsp gochujang paste
300 g cooked short-grain rice, cooled
1 tsp soy sauce
1 tsp toasted sesame oil
2 spring onions, sliced
2 fried eggs, to serve

Method

1 Heat the wok until hot. Add the oil and onion; fry for 2 minutes until soft.
2 Stir in the kimchi and gochujang; cook for 1 minute until fragrant.
3 Add the rice and toss for 3 minutes to combine and heat through.
4 Add the soy sauce and sesame oil; stir well so the grains are coated.
5 Serve topped with spring onions and a fried egg.

Nutrition ≈ 420 kcal | 13 g protein | 18 g fat | 48 g carbohydrate

Allergens: Soy, sesame | **Swap notes:** Use tamari for GF; omit egg for vegan.

Pairing: Cold Korean lager or sparkling water with lime.

Gochujang Chicken Stir-Fry

Sweet, spicy and sticky — this Korean-style stir-fry gets its depth from gochujang (fermented chilli paste). It clings beautifully to the chicken while vegetables stay crisp.

Ingredients

2 tbsp oil
500 g boneless chicken thighs, cut into strips
2 garlic cloves, minced
1 small onion, sliced
1 carrot, julienned
1 red pepper, sliced
2 tbsp gochujang paste
1 tbsp soy sauce
1 tbsp rice vinegar
1 tsp sugar
1 tsp toasted sesame oil

Method

1 Heat the wok and add oil. Stir-fry the chicken for 4 minutes until browned; remove.
2 Add garlic and onion; cook for 30 seconds. Add carrot and pepper; stir for 2 minutes.
3 Return chicken and add gochujang, soy sauce, vinegar and sugar. Stir to coat and

cook 2 minutes until glossy.

4 Drizzle with sesame oil and serve with rice.

Nutrition ≈ 410 kcal | 32 g protein | 17 g fat |
26 g carbohydrate

Allergens: Soy, sesame | **Swap notes:**

Tamari for GF.

Pairing: Light beer or dry rosé.

Japanese Beef & Broccoli

A Japanese take on a Western-Chinese classic. Mild and sweet, thanks to mirin and soy, it proves that simple ingredients and high heat make weekday magic.

Ingredients

2 tbsp oil

400 g beef sirloin, thinly sliced

2 garlic cloves, minced

250 g tenderstem broccoli, cut into pieces

2 tbsp light soy sauce

1 tbsp mirin

1 tsp sugar

1 tsp cornflour mixed with 1 tbsp water

Method

1 Heat the wok and add oil. Stir-fry beef in batches for one minute each; remove.

2 Add garlic and broccoli; cook for 2 minutes with a splash of water.

3 Return beef with soy sauce, mirin and sugar. Stir well.

4 Add cornflour slurry and cook until the sauce shines.

Nutrition ≈ 380 kcal | 30 g protein | 18 g fat | 15 g carbohydrate

Allergens: Soy | **Swap notes:** Tamari for GF.

Pairing: Dry red wine or sake.

Sesame Garlic Mushrooms

Simple and addictive, these mushrooms soak up soy and sesame to become a perfect side dish or vegan main. The trick is high heat and patience — let them brown before you stir.

Ingredients

500 g button or shiitake mushrooms, halved

2 tbsp oil

2 garlic cloves, sliced

2 tbsp soy sauce

1 tsp sugar

1 tsp toasted sesame oil

1 tsp sesame seeds

Method

1 Heat the wok and add oil. Spread mushrooms out and leave untouched for 2 minutes to colour.

2 Add garlic and stir-fry for another 2 minutes.

3 Add soy sauce and sugar; cook until reduced and shiny.

4 Finish with sesame oil and sprinkle with seeds.

Nutrition ≈ 250 kcal | 8 g protein | 18 g fat | 14 g carbohydrate

Allergens: Soy, sesame | **Swap notes:** Tamari for GF.

Pairing: Pinot Grigio or green tea.

Flame and Ferment

Japanese and Korean stir-fries depend on balance: the salt of soy, the sour of ferment, and the smoke of flame. The wok acts as translator between fire and flavour, delivering depth in mere seconds.

Chapter 4 – Vietnamese Fresh Fry & Fusion

Lemongrass Chicken Stir-Fry

Vietnam's answer to quick comfort food: thin slices of chicken sizzled with lemongrass, chilli and fish sauce. Bright, aromatic and utterly moreish.

Ingredients

2 tbsp oil

2 lemongrass stalks, outer layers removed, finely chopped

3 garlic cloves, minced

1 red chilli, sliced

500 g chicken thighs, sliced

1 tbsp fish sauce

1 tsp soy sauce

1 tsp sugar

Juice of ½ lime

Fresh coriander to serve

Method

1 Heat the oil; add lemongrass, garlic and chilli; stir-fry 30 seconds.

2 Add chicken; stir-fry 5 minutes until golden.

3 Add fish sauce, soy sauce and sugar; toss for 2 minutes until caramelised.

4 Squeeze lime juice over and serve with coriander.

Nutrition ≈ 390 kcal | 33 g protein | 20 g fat | 12 g carbohydrate

Allergens: Fish, soy | **Swap notes:** Use soy only for vegetarian version.

Pairing: Sauvignon Blanc or iced tea.

Beef & Watercress Stir-Fry

Inspired by Vietnam's shaking beef (*bo luc lac*), this quick fry pairs tender beef with peppery greens in a tangy lime and soy sauce.

Ingredients

400 g beef sirloin, cubed

2 tbsp oil

2 garlic cloves, crushed

1 tbsp soy sauce

1 tbsp oyster sauce

½ tsp black pepper

1 tsp sugar

Juice of 1 lime

2 handfuls watercress

Method

1 Heat the wok until very hot; add oil and

beef; stir-fry for 2 minutes.

2 Add garlic, soy, oyster sauce, pepper and sugar; toss for another minute.

3 Remove from heat and squeeze over lime juice. Toss with watercress to wilt slightly.

Nutrition ≈ 400 kcal | 34 g protein | 20 g fat | 10 g carbohydrate

Allergens: Soy, shellfish (oyster sauce) |

Swap notes: Mushroom oyster sauce for vegan.

Pairing: Dry lager or lemongrass tea.

Garlic Prawn & Rice Noodle Stir-Fry

Light, fragrant and full of sea breeze flavour — this dish embodies Vietnam's coastal cuisine. The garlic and fish sauce build depth, while fresh herbs keep it bright.

Ingredients

200 g rice noodles

2 tbsp oil

3 garlic cloves, minced

250 g raw prawns, peeled

1 tbsp fish sauce

1 tsp sugar

1 small carrot, julienned

1 handful beansprouts

Coriander and mint to serve

Method

1 Soak noodles in warm water 10 minutes; drain.

2 Heat oil, add garlic and prawns; fry 2 minutes until pink.

3 Add fish sauce and sugar; toss well.

4 Add noodles and carrot; stir-fry for 3 minutes.

5 Add beansprouts and herbs; serve immediately.

Nutrition ≈ 370 kcal | 28 g protein | 14 g fat | 32 g carbohydrate

Allergens: Fish, shellfish | **Swap notes:** Use soy for vegetarian.

Pairing: Chardonnay or sparkling water with mint.

Caramel Pork Belly

Vietnamese home comfort at its best: pork braised briefly in caramel and fish sauce for a dark, sticky glaze. The sugar melts to amber before the aromatics hit — listen for the hiss.

Ingredients

500 g pork belly, cut into 2 cm pieces

2 tbsp sugar

2 tbsp water
2 garlic cloves, sliced
1 tbsp fish sauce
1 tbsp soy sauce
1 tsp black pepper
1 spring onion, sliced

Method

1 In the wok, melt sugar with water over medium heat until amber.
2 Add pork and stir rapidly so it caramelises.
3 Add garlic, fish sauce, soy and pepper.
Cook for 8 minutes until the pork is glazed and sticky.
4 Sprinkle with spring onions and serve with rice.

Nutrition ≈ 480 kcal | 28 g protein | 30 g fat | 15 g carbohydrate

Allergens: Soy, fish | **Swap notes:** Soy only for halal or vegetarian.

Pairing: Pale ale or dry cider.

Crispy Tofu with Tamarind Sauce

Sweet, tangy tamarind glaze gives this Vietnamese-inspired tofu dish its irresistible edge. The crisp texture contrasts beautifully

with the sticky coating and a scatter of herbs for freshness.

Ingredients

400 g firm tofu, pressed and cut into 3 cm cubes

2 tbsp cornflour

3 tbsp groundnut oil

2 garlic cloves, finely chopped

2 tbsp tamarind concentrate

1 tbsp soy sauce

1 tbsp palm sugar (or soft brown sugar)

1 tsp chilli flakes

2 spring onions, sliced

Handful of coriander and mint leaves

Method

1 Toss tofu in cornflour until lightly coated.

2 Heat the oil in the wok and fry tofu in batches for 4–5 minutes until golden on all sides. Remove and drain.

3 Discard most of the oil, leaving 1 teaspoon. Add garlic and fry for 30 seconds.

4 Add tamarind, soy sauce, sugar and chilli; bring to a quick bubble.

5 Return tofu to the wok, toss to coat in the sticky sauce, and cook 1 minute more.

6 Serve hot, topped with spring onions and herbs.

Nutrition (per portion) ≈ 360 kcal | 22 g protein | 20 g fat | 22 g carbohydrate

Allergens: Soy | **Swap notes:** Tamari for gluten-free; add peanuts for extra crunch if not nut-free.

Pairing: Light lager or sparkling lime soda.

Stir-Fried Vegetables with Ginger & Oyster Sauce

Quick, bright and fragrant — the epitome of Vietnamese wok cooking. The secret is to keep the vegetables crisp while the ginger-soy-oyster glaze just clings to their surface.

Ingredients

2 tbsp oil

2 garlic cloves, sliced

1 tbsp finely grated fresh ginger

1 small carrot, thinly sliced on the diagonal

1 red pepper, sliced

1 baby pak choi, halved

1 cup broccoli florets

1 tbsp light soy sauce

1 tbsp oyster sauce (or mushroom sauce for vegan)

1 tsp sugar

Splash of water

Method

1 Heat oil in the wok until shimmering. Add garlic and ginger; fry 20 seconds.

2 Add carrot, pepper, pak choi and broccoli; toss over high heat for 2–3 minutes.

3 Add soy sauce, oyster sauce, sugar and a splash of water. Stir-fry another minute until vegetables are glossy but still crisp.

4 Serve immediately with steamed rice or noodles.

Nutrition ≈ 220 kcal | 6 g protein | 14 g fat | 15 g carbohydrate

Allergens: Soy, shellfish (if using oyster sauce) | **Swap notes:** Mushroom oyster sauce for vegan.

Pairing: Dry Riesling or jasmine tea.

The Balance of Sweet and Sour

Vietnamese cooks say harmony lives in the sauce. Sugar and vinegar, heat and herbs — each note answers another. In the wok, sweetness should sing first, acidity last, so every bite ends bright.

Chapter 5 – Indian & South-Asian Spice Stir-Fries

Spiced Chicken with Curry Leaves

Fast, aromatic and deeply satisfying, this southern-Indian-inspired fry uses curry leaves and mustard seeds to perfume the oil before the chicken hits the wok. A squeeze of lemon finishes it with brightness.

Ingredients

2 tbsp groundnut oil
1 tsp black mustard seeds
10 fresh curry leaves
2 onions, finely sliced
2 garlic cloves, minced
1 tbsp grated ginger
500 g chicken breast, sliced thinly
1 tsp ground turmeric
1 tsp garam masala
1 tsp chilli powder
1 tbsp lemon juice
Salt to taste
Fresh coriander, to serve

Method

1 Heat the oil until shimmering. Add mustard

seeds; when they pop, add curry leaves.

2 Add onions and fry 4 minutes until golden.

3 Stir in garlic, ginger and spices; cook 30 seconds.

4 Add chicken and stir-fry 6 minutes until cooked through.

5 Season with salt and lemon juice. Garnish with coriander.

Nutrition ≈ 380 kcal | 33 g protein | 20 g fat | 10 g carbohydrate

Allergens: None | **Swap notes:** Use tofu for vegetarian; coconut oil instead of groundnut if allergic.

Pairing: Indian pale ale or chilled lassi.

Beef & Pepper Fry (Kerala Style)

A dry South-Indian stir-fry where black pepper replaces chilli for heat. Coconut oil and curry leaves give it a coastal fragrance. Traditionally served with rice or flatbreads.

Ingredients

500 g beef rump, cut into thin strips

2 tbsp coconut oil

1 tsp black peppercorns, crushed

1 onion, sliced

1 green chilli, slit lengthways

1 tsp ground coriander
½ tsp garam masala
10 fresh curry leaves
Salt to taste
Lime wedges

Method

1 Heat coconut oil. Add peppercorns and onion; fry 2 minutes.
2 Add chilli, coriander and garam masala; stir-fry 30 seconds.
3 Add beef; cook 5–6 minutes until browned.
4 Add curry leaves and toss well. Serve with lime wedges.

Nutrition ≈ 400 kcal | 34 g protein | 22 g fat | 8 g carbohydrate

Allergens: None | **Swap notes:** Seitan or mushrooms for vegan.

Pairing: Stout or spiced ginger beer.

Quick Paneer & Spinach Stir-Fry

Indian cheese meets fragrant spinach and cumin for a five-minute vegetarian dish. Soft cubes of paneer absorb the spice while keeping their bite.

Ingredients

1 tbsp oil
½ tsp cumin seeds
2 garlic cloves, sliced
200 g paneer, cubed
200 g baby spinach leaves
½ tsp turmeric
½ tsp chilli flakes
Salt and lemon juice to taste

Method

1 Heat oil; add cumin seeds and let them pop.
2 Add garlic and paneer; fry until golden.
3 Add spinach, turmeric and chilli; toss until wilted.
4 Season with salt and lemon juice; serve at once.

Nutrition ≈ 320 kcal | 21 g protein | 24 g fat | 6 g carbohydrate

Allergens: Dairy | **Swap notes:** Firm tofu for vegan.

Pairing: Dry Riesling or mango lassi.

Prawn & Coconut Stir-Fry

From coastal Goa, a light, creamy wok fry where coconut milk tempers chilli heat and prawns stay tender and sweet.

Ingredients

2 tbsp oil
1 onion, finely sliced
2 garlic cloves, crushed
1 tsp grated ginger
1 green chilli, sliced
400 g raw prawns, peeled
1 tsp ground turmeric
100 ml coconut milk
1 tbsp lemon juice
Fresh coriander

Method

1 Heat oil; add onion, garlic and ginger; cook 2 minutes.
2 Add chilli and prawns; stir-fry 2 minutes until pink.
3 Add turmeric and coconut milk; simmer 2 minutes until slightly thick.
4 Finish with lemon juice and coriander.

Nutrition ≈ 360 kcal | 28 g protein | 20 g fat | 12 g carbohydrate

Allergens: Shellfish | **Swap notes:** Tofu for

vegan.

Pairing: Dry cider or chilled lager.

Vegetable Biryani Stir-Fry

All the fragrance of biryani without the long simmer. This wok-fried version layers basmati rice, vegetables, and garam masala so each grain stays separate yet perfumed. It's light enough for mid-week but rich enough to impress guests.

Ingredients

2 tbsp oil

1 onion, finely sliced

1 tsp grated ginger

2 garlic cloves, crushed

1 tsp ground coriander

½ tsp turmeric

½ tsp garam masala

300 g cooked basmati rice, cooled

1 small carrot, diced

50 g peas

50 g green beans, chopped

2 tbsp yoghurt (or dairy-free alternative)

Salt and lemon juice to taste

Coriander to serve

Method

1 Heat the oil and fry the onion for 3 minutes until golden.

2 Add ginger, garlic and spices; stir 30 seconds until aromatic.

3 Add the carrot, peas and beans; cook 2 minutes.

4 Tip in the rice and stir-fry for 3 minutes so it warms through and takes on colour.

5 Stir in the yoghurt, season and splash with lemon juice. Garnish with coriander.

Nutrition ≈ 360 kcal | 8 g protein | 12 g fat | 54 g carbohydrate

Allergens: Dairy | **Swap notes:** Use soy or coconut yoghurt for vegan.

Pairing: Light lager or mango lassi.

Lamb Keema Fry

A spiced mince dish beloved across India and Pakistan. Traditionally eaten with chapatis, it's equally satisfying over rice. The wok keeps the meat crumbly and the spices toasty.

Ingredients

2 tbsp oil

1 onion, finely chopped

2 garlic cloves, crushed
1 tsp grated ginger
500 g lamb mince
1 tsp ground cumin
1 tsp ground coriander
½ tsp garam masala
1 tomato, chopped
1 green chilli, sliced
Salt and fresh coriander to finish

Method

1 Heat oil; add onion and cook 4 minutes.
2 Add garlic and ginger; stir 30 seconds.
3 Add lamb mince and fry 6–7 minutes until browned.
4 Add spices and tomato; cook 3 minutes until thick.
5 Add chilli, season and serve with coriander.

Nutrition ≈ 420 kcal | 30 g protein | 28 g fat |
6 g carbohydrate

Allergens: None

Pairing: IPA or spiced cider.

Chilli-Garlic Mushrooms

A vegetarian wok favourite with Indo-Chinese roots: earthy mushrooms in a fiery garlic-chilli sauce.

Ingredients

500 g button mushrooms, halved
2 tbsp oil
3 garlic cloves, minced
2 green chillies, sliced
1 tbsp soy sauce
1 tsp vinegar
½ tsp sugar
1 spring onion, sliced

Method

1 Heat oil and add garlic and chillies; fry 30 seconds.
2 Add mushrooms and stir-fry 5 minutes until golden.
3 Add soy, vinegar and sugar; cook 2 minutes until glazed.
4 Serve sprinkled with spring onion.

Nutrition ≈ 230 kcal | 7 g protein | 16 g fat | 10 g carbohydrate

Allergens: Soy | **Swap notes:** Tamari for GF.

Pairing: Pilsner or sparkling water with lime.

Tandoori Chicken Strips

A wok version of a grill classic — fast, smoky and tangy. The yogurt marinade clings to the chicken, caramelising as it hits the hot metal.

Ingredients

500 g chicken breast, cut into strips
3 tbsp plain yoghurt
1 tbsp lemon juice
1 tsp ground cumin
1 tsp paprika
½ tsp chilli powder
½ tsp turmeric
1 tbsp oil for frying
Salt to taste

Method

1 Mix chicken with yoghurt, lemon juice and spices; marinate 15 minutes.
2 Heat oil in the wok; stir-fry chicken for 6–7 minutes until charred and cooked through.
3 Season and serve with mint chutney.

Nutrition ≈ 360 kcal | 40 g protein | 18 g fat | 4 g carbohydrate

Allergens: Dairy

Pairing: Rosé wine or light beer.

Spiced Egg Noodles

Where India meets the Chinese takeaway: fiery noodles perfumed with curry powder and soy. Quick, inexpensive, endlessly adaptable.

Ingredients

250 g egg noodles
2 tbsp oil
2 eggs, lightly beaten
1 onion, sliced
1 green pepper, sliced
1 tsp curry powder
2 tbsp soy sauce
1 tsp chilli sauce
Spring onions to serve

Method

- 1 Cook noodles, drain and set aside.
- 2 Heat oil and scramble the eggs; remove.
- 3 Add onion and pepper; stir-fry 2 minutes.
- 4 Add curry powder, soy sauce and chilli sauce; stir.
- 5 Return noodles and eggs; toss to combine.

Nutrition ≈ 420 kcal | 16 g protein | 14 g fat | 56 g carbohydrate

Allergens: Egg, soy, gluten | **Swap notes:**

Rice noodles + tamari for GF.

Pairing: Cold lager or spiced tea.

Spice in Motion

Indian and South-Asian wok cooking is about tempo as much as taste. Whole spices crackle, releasing aroma just before the main ingredients arrive. Each stir becomes a heartbeat — fast, bold, alive.

Chapter 6 – Western & British Wok Nights

Garlic Butter Steak Bites

A pub-night favourite translated for the wok. Small cubes of sirloin seared in butter, garlic and herbs — rich, indulgent and ready in minutes

Ingredients

500 g sirloin, cut into 2 cm cubes
2 tbsp oil
2 tbsp butter
3 garlic cloves, minced
½ tsp black pepper
1 tbsp chopped parsley
Salt to taste

Method

1 Heat oil in the wok until very hot. Add steak in batches; sear 1 minute each side.
2 Add butter and garlic; toss 30 seconds until fragrant.
3 Season with pepper and salt; sprinkle parsley and serve.

Nutrition ≈ 470 kcal | 38 g protein | 32 g fat |
2 g carbohydrate

Allergens: Dairy

Pairing: Malbec or stout.

British Chilli Beef Stir-Fry

A quick mid-week staple: ribbons of beef, onions and peppers in a sweet-spicy glaze inspired by takeaway “chilli beef”, but without the deep-fry.

Ingredients

500 g beef sirloin, sliced
2 tbsp oil
1 onion, sliced
1 red pepper, sliced
1 tbsp sweet chilli sauce
1 tbsp soy sauce
1 tsp brown sugar
½ tsp crushed chilli flakes

Method

- 1 Heat oil and fry beef 2 minutes; remove.
- 2 Add onion and pepper; cook 2 minutes.
- 3 Add sweet chilli sauce, soy and sugar; stir.
- 4 Return beef and chilli flakes; toss until glazed.

Nutrition ≈ 390 kcal | 32 g protein | 20 g fat | 16 g carbohydrate

Allergens: Soy | **Swap notes:** Tamari for GF.

Pairing: IPA or ginger beer

British Stir-Fried Prawn Curry

A playful marriage of British takeaway nostalgia and the fast precision of wok cookery. Juicy prawns are coated in a light spiced sauce that comes together faster than you can order a curry.

Ingredients

2 tbsp groundnut oil

1 small onion, finely chopped

2 garlic cloves, minced

1 tsp grated fresh ginger

1 tsp curry powder

½ tsp turmeric

400 g raw prawns, peeled and deveined

150 ml light coconut milk

1 tbsp tomato purée

1 tsp sugar

Salt and lemon juice to taste

Fresh coriander to serve

Method

1 Heat the oil and fry onion for 3 minutes until soft.

2 Add garlic, ginger and spices; cook 30 seconds.

3 Add prawns and stir-fry 2 minutes until pink.

4 Stir in coconut milk, tomato purée and sugar; simmer 2 minutes to thicken.

5 Season with salt and lemon juice; garnish with coriander.

Nutrition ≈ 390 kcal | 30 g protein | 22 g fat | 12 g carbohydrate

Allergens: Shellfish | **Swap notes:** Use tofu and vegetable stock for vegan.

Pairing: Dry Riesling or ginger ale.

Smoky Bacon & Pea Noodles

The comforting flavour of bacon and peas, turned into a 10-minute noodle stir-fry. A dash of Worcestershire sauce and cracked pepper give it a bistro twist.

Ingredients

250 g egg noodles

2 tbsp oil

150 g streaky bacon, chopped

1 small onion, sliced
100 g frozen peas
1 tsp Worcestershire sauce
1 tsp wholegrain mustard
Cracked black pepper
Parmesan or hard cheese to serve (optional)

Method

1 Cook noodles, drain and set aside.
2 Heat oil and fry bacon for 3 minutes until crisp.
3 Add onion and cook 1 minute.
4 Add peas, Worcestershire sauce and mustard; stir-fry 2 minutes.
5 Add noodles and pepper; toss to combine.
Serve with cheese if desired.

Nutrition ≈ 430 kcal | 19 g protein | 22 g fat |
36 g carbohydrate

Allergens: Gluten, egg | **Swap notes:** Use rice noodles for GF; omit bacon for vegetarian.

Pairing: Lager or dry cider.

Sweet Chilli Halloumi Stir-Fry

Halloumi's squeaky saltiness stands up perfectly to the wok's heat. The sweet-chilli glaze makes it a crowd-pleaser for vegetarians and meat-eaters alike.

Ingredients

225 g halloumi, cut into 2 cm cubes

1 tbsp cornflour

2 tbsp oil

1 red pepper, sliced

1 small courgette, sliced

2 tbsp sweet chilli sauce

1 tbsp soy sauce

Juice of ½ lime

Handful of fresh basil or mint

Method

1 Dust halloumi in cornflour. Heat oil and fry until golden on all sides; remove.

2 Add pepper and courgette; stir-fry 2 minutes.

3 Add sweet chilli sauce, soy and lime juice; stir.

4 Return halloumi and toss until coated. Scatter with herbs and serve.

Nutrition ≈ 420 kcal | 22 g protein | 28 g fat | 16 g carbohydrate

Allergens: Dairy, soy | **Swap notes:** Tofu for vegan; tamari for GF.

Pairing: Dry rosé or sparkling water with lime.

Cheesy Vegetable Wok Bake

Proof that the wok can do comfort food too. Think macaroni cheese meets vegetable stir-fry — all in one pan and under 15 minutes.

Ingredients

1 tbsp oil
1 small leek, sliced
1 cup broccoli florets
1 small carrot, sliced
1 tsp English mustard
150 ml milk (or oat milk)
100 g grated mature cheddar (or vegan cheese)
150 g cooked pasta or gnocchi
Salt and pepper

Method

1 Heat oil and fry leek 2 minutes. Add broccoli and carrot; cook 3 minutes.
2 Stir in mustard and milk; simmer 1 minute.
3 Add cheese and stir until melted to a sauce.
4 Add pasta or gnocchi; toss until coated and piping hot. Season well.

Nutrition ≈ 480 kcal | 22 g protein | 24 g fat | 42 g carbohydrate

Allergens: Dairy, gluten | **Swap notes:** GF

pasta and vegan cheese for dietary needs.

Pairing: Chardonnay or sparkling apple juice.

Sausage & Cabbage Stir-Fry

A rustic British classic reinvented for the wok. The high heat gives the cabbage sweet edges while the sausage adds richness.

Ingredients

2 tbsp oil

4 good-quality pork sausages, skinned and crumbled

1 small onion, sliced

½ head white cabbage, shredded

1 tsp wholegrain mustard

Splash of cider vinegar

Salt and pepper

Method

1 Heat oil and fry sausage meat for 5 minutes until browned.

2 Add onion and cabbage; stir-fry 4 minutes until soft and golden.

3 Add mustard and vinegar; stir to coat and season. Serve immediately.

Nutrition ≈ 430 kcal | 24 g protein | 34 g fat | 6 g carbohydrate

Allergens: Mustard | **Swap notes:** Veggie sausages for vegetarian.

Pairing: Cider or amber ale.

Quick Beef Stroganoff Wok

Russian by origin, British by heart — tender beef and mushrooms in a creamy sauce done the wok way.

Ingredients

2 tbsp oil

400 g beef strips

1 small onion, sliced

150 g mushrooms, sliced

1 tsp paprika

100 ml crème fraîche (or Greek yoghurt)

1 tsp mustard

Salt and parsley to finish

Method

1 Heat oil and sear beef 2 minutes; remove.

2 Add onion and mushrooms; cook 3 minutes.

3 Add paprika, then return beef with crème

fraîche and mustard; heat through.

4 Season and garnish with parsley.

Nutrition ≈ 450 kcal | 34 g protein | 26 g fat |
10 g carbohydrate

Allergens: Dairy, mustard

Pairing: Pinot Noir or sparkling water with
lemon.

Britain in a Wok

From pub classics to late-night noodles, British comfort finds new life in a hot pan. The wok rewards improvisation: if it sizzles, it belongs.

Chapter 7 – Vegetarian & Vegan Vibrance,

Wok-Roasted Cauliflower Curry

This quick curry captures the deep roasted flavour of cauliflower without the oven. The wok's fierce heat browns the florets beautifully before they simmer briefly in spiced coconut sauce. A weeknight dinner that feels slow-cooked yet takes barely twenty minutes.

Ingredients

2 tbsp groundnut oil
1 medium cauliflower, cut into bite-size florets
1 small onion, finely sliced
2 garlic cloves, crushed
1 tsp grated fresh ginger
1 tsp curry powder
½ tsp ground turmeric
1 tsp garam masala
200 ml coconut milk
1 tomato, diced
Salt and lemon juice to taste
Fresh coriander to serve

Method

1 Heat the oil in a hot wok. Add the cauliflower and sear for 4 minutes until golden in spots; remove.

2 Lower the heat slightly, add the onion, garlic and ginger; cook 2 minutes until soft.

3 Add the spices; stir-fry 30 seconds until fragrant.

4 Return the cauliflower and tomato, pour in coconut milk, and simmer 5 minutes until tender.

5 Season with salt and lemon juice, garnish with coriander and serve with basmati rice.

Nutrition (per portion) ≈ 340 kcal | 8 g protein | 26 g fat | 18 g carbohydrate

Allergens: None | **Swap notes:** Use light coconut milk to reduce fat.

Pairing: Dry Riesling or sparkling water with lime.

Ginger-Sesame Vegetable Noodles

An effortless vegan staple: crisp vegetables, aromatic ginger and a sesame-soy glaze. It's the kind of dish you can build from whatever is left in the fridge.

Ingredients

250 g egg-free wheat noodles (or rice noodles for GF)
2 tbsp oil
1 tbsp grated ginger
2 garlic cloves, minced
1 small carrot, julienned
½ red pepper, sliced
100 g mangetout or green beans
2 tbsp light soy sauce
1 tsp rice vinegar
1 tsp toasted sesame oil
1 tbsp sesame seeds

Method

1 Cook the noodles, drain and rinse under cold water.
2 Heat oil in the wok; add ginger and garlic; fry 20 seconds.
3 Add carrot, pepper and mangetout; stir-fry 2 minutes.
4 Add noodles, soy sauce and vinegar; toss 2 minutes until glossy.
5 Finish with sesame oil and sesame seeds. Serve immediately.

Nutrition ≈ 380 kcal | 10 g protein | 14 g fat | 52 g carbohydrate

Allergens: Soy, sesame, gluten | **Swap**

notes: Tamari + rice noodles for GF.

Pairing: Citrus wheat beer or iced green tea.

Tofu & Broccoli in Black Bean Sauce

A plant-based twist on the Cantonese classic. Tofu takes on the depth of the fermented beans, and the broccoli keeps the dish bright and balanced.

Ingredients

400 g firm tofu, pressed and cubed

2 tbsp cornflour

2 tbsp oil

1 small onion, sliced

2 garlic cloves, minced

2 tbsp fermented black beans, rinsed and crushed

1 tbsp light soy sauce

1 tbsp dark soy sauce

1 tsp sugar

150 ml vegetable stock

200 g broccoli florets

1 tsp cornflour mixed with 1 tbsp water

1 tsp sesame oil

Method

1 Dust tofu with cornflour. Heat oil and fry

tofu 5 minutes until golden; remove.

2 Add onion and garlic; fry 1 minute, then add black beans; cook 30 seconds.

3 Add soy sauces, sugar and stock; bring to a simmer.

4 Add broccoli and cook 3 minutes until just tender.

5 Return tofu and add cornflour mixture; stir until the sauce glosses. Finish with sesame oil.

Nutrition $\approx$ 400 kcal | 24 g protein | 20 g fat | 26 g carbohydrate

Allergens: Soy, sesame | **Swap notes:** Tamari for GF.

Pairing: Dry white wine or oolong tea.

Spicy Aubergine & Chickpea Stir-Fry

Smoky aubergine pairs beautifully with earthy chickpeas and a hint of chilli. This dish draws on North African spice while keeping the quick rhythm of Asian wok cooking. Serve it piled over couscous or brown rice for a satisfying meat-free supper.

Ingredients

2 tbsp olive or groundnut oil

1 medium aubergine, cut into 2 cm cubes

1 small onion, finely chopped
2 garlic cloves, minced
1 tsp ground cumin
½ tsp smoked paprika
½ tsp chilli flakes (or to taste)
400 g tin chickpeas, drained and rinsed
1 tomato, diced
1 tbsp soy sauce or tamari
Juice of ½ lemon
Handful of chopped parsley

Method

1 Heat the oil; add aubergine and stir-fry 4–5 minutes until golden and soft. Remove and set aside.

2 Add onion and garlic; fry 2 minutes until fragrant. Add cumin, paprika and chilli; cook 30 seconds.

3 Return aubergine with chickpeas and tomato; stir well.

4 Add soy sauce, splash of water and cover for 2 minutes so everything steams together.

5 Finish with lemon juice and parsley.

Nutrition ≈ 370 kcal | 11 g protein | 20 g fat | 34 g carbohydrate

Allergens: Soy | **Swap notes:** Use tamari for gluten-free.

Pairing: Light red wine or mint tea.

Sweet Potato & Spinach Masala

A gentle curry-style stir-fry full of colour and warmth. The sweet potatoes soften while the spinach folds in at the end, bright green against the orange sauce.

Ingredients

2 tbsp oil
1 small onion, sliced
2 garlic cloves, minced
1 tsp grated ginger
1 tsp curry powder
½ tsp ground cumin
300 g sweet potato, peeled and diced small
100 ml coconut milk
2 handfuls baby spinach
Salt and lemon juice to taste

Method

1 Heat the oil and fry onion for 2 minutes.
Add garlic and ginger; cook briefly.
2 Add spices; stir-fry 30 seconds until aromatic.
3 Add sweet potato and 50 ml water; cover and cook 5 minutes until nearly tender.
4 Stir in coconut milk and cook 2 minutes more until creamy.

5 Add spinach and toss until wilted. Season and add lemon juice.

Nutrition ≈ 360 kcal | 6 g protein | 18 g fat | 44 g carbohydrate

Allergens: None | **Swap notes:** Use light coconut milk for lower fat.

Pairing: Riesling or mango lassi.

Mushroom & Cashew Stir-Fry

Hearty enough to replace meat, this stir-fry relies on the umami of mushrooms and the buttery crunch of cashews. It's finished with soy and a drizzle of sesame oil for depth.

Ingredients

2 tbsp oil

2 garlic cloves, sliced

400 g mixed mushrooms, halved

1 small courgette, sliced

2 tbsp light soy sauce

1 tsp rice vinegar

1 tsp sugar

60 g roasted unsalted cashews

1 tsp toasted sesame oil

Method

1 Heat oil; add garlic and mushrooms; fry 4

minutes until browned.

2 Add courgette; cook 2 minutes more.

3 Stir in soy, vinegar and sugar; reduce briefly.

4 Add cashews and sesame oil; toss and serve.

Nutrition ≈ 390 kcal | 13 g protein | 26 g fat | 22 g carbohydrate

Allergens: Nuts, soy, sesame | **Swap notes:** Pumpkin seeds for nut-free; tamari for GF.

Pairing: Pale ale or sparkling water with lime.

Chilli-Garlic Green Beans

This punchy, minimalist dish turns humble green beans into a bold main or side. The secret is in the quick fry: garlic and chilli caramelize at the edges while the beans stay bright and just tender.

Ingredients

400 g green beans, trimmed

2 tbsp oil

3 garlic cloves, finely sliced

1 red chilli, finely sliced (seeds removed for milder heat)

1 tbsp light soy sauce

1 tsp rice vinegar
½ tsp sugar
1 tsp toasted sesame oil

Method

1 Heat the wok until smoking. Add the beans dry and toss for one minute until slightly blistered; remove.

2 Add the oil, garlic and chilli; stir-fry for 30 seconds until aromatic.

3 Return the beans, add soy sauce, vinegar and sugar; stir-fry two minutes.

4 Finish with sesame oil and serve immediately.

Nutrition ≈ 190 kcal | 4 g protein | 12 g fat | 12 g carbohydrate

Allergens: Soy, sesame | **Swap notes:** Use tamari for GF; omit sesame oil if allergic.

Pairing: Citrus-forward IPA or iced green tea.

Coconut Fried Rice with Peas

Creamy, lightly sweet and fragrant, this recipe turns simple leftover rice into a tropical-style main. The coconut milk coats each grain, while the peas add colour and freshness.

Ingredients

2 tbsp groundnut oil
2 garlic cloves, minced
300 g cooked basmati rice, cold
100 ml coconut milk
100 g frozen peas
1 spring onion, sliced
½ tsp salt or to taste
Juice of ½ lime

Method

1 Heat the oil and add garlic; fry 20 seconds until fragrant.
2 Add the rice and stir-fry for two minutes to separate the grains.
3 Pour in the coconut milk and cook three minutes until the rice is hot and coated.
4 Add peas and spring onion; toss for one minute. Season and finish with lime juice.

Nutrition ≈ 370 kcal | 6 g protein | 16 g fat | 49 g carbohydrate

Allergens: None | **Swap notes:** Use light coconut milk to reduce fat.

Pairing: Dry Riesling or sparkling water with lime.

Lentil & Vegetable Stir-Fry

Protein-packed, fibre-rich and completely plant-based. The lentils provide body while colourful vegetables give crunch. A drizzle of soy and lemon makes the whole dish sparkle.

Ingredients

2 tbsp oil
1 small onion, sliced
1 carrot, julienned
½ red pepper, sliced
100 g cooked green or brown lentils
1 tbsp soy sauce
1 tsp lemon juice
½ tsp ground cumin
A handful of spinach or kale

Method

1 Heat oil in the wok. Add onion and carrot; stir-fry two minutes.
2 Add pepper and cumin; stir 30 seconds.
3 Add lentils and soy sauce; toss two minutes until heated through.
4 Add spinach and lemon juice; cook until wilted. Serve immediately.

Nutrition ≈ 330 kcal | 14 g protein | 12 g fat | 36 g carbohydrate

Allergens: Soy | **Swap notes:** Tamari for GF;

omit soy for soy-free.

Pairing: Light beer or minted sparkling water.

Green Energy in a Wok

Vegetarian wok dishes remind us that speed can coexist with nourishment. Crisp vegetables meet healthy fats and proteins; colour becomes flavour. The wok's curve keeps goodness in motion, never boiled away.

Chapter 8 – Seafood & Shellfish Specials

Garlic Butter Prawns

A dish that never fails to impress, yet takes less than ten minutes. Sweet prawns, fragrant garlic and a swirl of butter create a sauce so simple it feels indulgent. Serve with noodles, rice or a hunk of crusty bread to mop up every drop.

Ingredients

2 tbsp olive or groundnut oil
400 g raw king prawns, peeled and deveined
3 garlic cloves, finely chopped
1 small red chilli, sliced
30 g unsalted butter
Juice of ½ lemon
1 tbsp chopped parsley
Salt and black pepper to taste

Method

1 Heat oil in the wok until shimmering. Add garlic and chilli; stir-fry for 30 seconds.
2 Add prawns and cook 2–3 minutes until pink.
3 Add butter and toss until melted and

foamy.

4 Squeeze over lemon juice, season and scatter parsley before serving.

Nutrition ≈ 380 kcal | 34 g protein | 25 g fat | 3 g carbohydrate

Allergens: Shellfish, dairy | **Swap notes:**

Use olive oil only for dairy-free; tofu for vegan version.

Pairing: Chardonnay or chilled cider.

Chilli Coconut Mussels

The gentle sweetness of coconut milk paired with the briny depth of mussels makes this Thai-Vietnamese fusion irresistible. Perfect as a starter or light main, it brings seaside comfort to your kitchen in minutes.

Ingredients

1 tbsp oil

2 garlic cloves, minced

1 red chilli, sliced

1 lemongrass stalk, finely chopped

400 g mussels, cleaned and debearded

150 ml coconut milk

1 tbsp fish sauce

1 tsp lime juice

Fresh coriander leaves

Method

1 Heat oil in the wok; add garlic, chilli and lemongrass; stir-fry 1 minute.

2 Add mussels and pour in coconut milk and fish sauce. Cover and steam 3–4 minutes until shells open.

3 Remove lid, add lime juice and toss.

Discard any unopened mussels.

4 Serve in bowls with coriander sprinkled on top.

Nutrition ≈ 340 kcal | 32 g protein | 18 g fat | 10 g carbohydrate

Allergens: Shellfish, fish | **Swap notes:** Use soy for vegetarian; replace mussels with tofu cubes.

Pairing: Sauvignon Blanc or pale lager.

Ginger Soy Salmon Bites

A Japanese-inspired wok fry that caramelises salmon in a sweet-salty glaze. Each piece is seared until just crisp outside and tender within. It's light, rich and ideal for weeknights.

Ingredients

500 g salmon fillet, skin removed, cut into 3 cm cubes

2 tbsp soy sauce

1 tbsp honey or maple syrup
1 tbsp rice vinegar
1 tbsp oil
1 tsp grated ginger
1 spring onion, finely sliced
1 tsp sesame seeds

Method

1 Combine soy sauce, honey, vinegar and ginger; marinate salmon for 10 minutes.
2 Heat oil in the wok until hot. Add salmon cubes; fry 2 minutes each side until glazed and slightly charred.
3 Pour in any remaining marinade; cook 30 seconds until syrupy.
4 Sprinkle spring onion and sesame seeds before serving.

Nutrition ≈ 420 kcal | 35 g protein | 24 g fat | 12 g carbohydrate

Allergens: Fish, soy, sesame | **Swap notes:** Tamari for GF; tofu for vegan.

Pairing: Dry Riesling or crisp lager.

Sweet Chilli Calamari

Crisp, tender rings of squid in a sweet-chilli glaze: a wok version of a seaside favourite.

High heat is vital; the squid must sear and caramelise before it ever turns rubbery.

Ingredients

400 g cleaned squid, cut into rings

2 tbsp cornflour

2 tbsp groundnut oil

2 garlic cloves, finely chopped

2 tbsp Thai sweet chilli sauce

1 tbsp soy sauce

Juice of ½ lime

Small handful fresh coriander

Method

1 Toss squid rings in cornflour until lightly coated.

2 Heat oil until shimmering. Add squid in batches; stir-fry 1–2 minutes until opaque and golden. Remove and set aside.

3 Wipe the wok; add garlic and stir 20 seconds.

4 Add sweet chilli sauce, soy and lime juice; bring to a bubble.

5 Return squid; toss 30 seconds to coat. Serve immediately with coriander.

Nutrition ≈ 310 kcal | 34 g protein | 10 g fat | 18 g carbohydrate

Allergens: Shellfish, soy | **Swap notes:**

Tamari for GF; use tofu for vegan.

Pairing: Crisp lager or chilled sauvignon blanc.

Spicy Crab & Rice Noodles

A luxurious but fast dish inspired by Vietnam's coastal markets. Sweet crab meat meets the heat of ginger and chilli, all bound by springy rice noodles.

Ingredients

200 g rice noodles

2 tbsp oil

1 small onion, sliced

2 garlic cloves, minced

1 tsp grated ginger

1 red chilli, finely sliced

150 g white crab meat (fresh or tinned, drained)

2 tbsp light soy sauce

1 tsp lime juice

Fresh coriander and spring onion to serve

Method

1 Soak noodles in hot water 8 minutes; drain.

2 Heat oil; add onion, garlic and ginger; cook 1 minute.

3 Add chilli and crab; stir-fry 2 minutes.

4 Add noodles and soy sauce; toss 2 minutes until glossy.

5 Finish with lime juice and scatter coriander and spring onion.

Nutrition ≈ 390 kcal | 30 g protein | 14 g fat | 35 g carbohydrate

Allergens: Shellfish, soy | **Swap notes:**

Tamari for GF; use jackfruit for vegan.

Pairing: Dry rosé or sparkling water with lime.

Garlic Butter Scallops with Lemon Greens

Elegant, simple and ready in under five minutes. The butter and garlic enrich the scallops while the lemony greens cut through the richness.

Ingredients

2 tbsp oil

25 g butter

6–8 large scallops, cleaned and patted dry

2 garlic cloves, minced

Juice and zest of ½ lemon

100 g baby spinach or chard

Salt and pepper

Method

1 Heat oil and half the butter until foaming. Add scallops and sear 1 minute per side; remove.

2 Add garlic and remaining butter; stir 30 seconds.

3 Add lemon juice and zest, then toss in greens just to wilt.

4 Return scallops, season and serve immediately.

Nutrition ≈ 360 kcal | 32 g protein | 22 g fat | 6 g carbohydrate

Allergens: Shellfish, dairy | **Swap notes:**

Use olive oil for dairy-free; tofu for vegan.

Pairing: Chablis or light pilsner.

Teriyaki Prawns with Mango

A Japanese–tropical fusion that sings with freshness. The sticky teriyaki glaze coats each prawn, while sweet mango cubes add brightness and contrast. It’s light, fast, and ideal for summer evenings.

Ingredients

2 tbsp oil

400 g raw king prawns, peeled and deveined

2 garlic cloves, minced
1 tsp grated ginger
3 tbsp soy sauce
1 tbsp mirin (or dry sherry)
1 tbsp honey
½ ripe mango, diced
1 spring onion, finely sliced
1 tsp toasted sesame seeds

Method

1 Heat oil in the wok; add prawns and fry 2 minutes until pink; remove and set aside.
2 Add garlic and ginger; fry 30 seconds until fragrant.
3 Stir in soy, mirin and honey; simmer briefly to thicken.
4 Return prawns and toss to glaze.
5 Fold through mango cubes, sprinkle with spring onion and sesame seeds, and serve immediately.

Nutrition ≈ 400 kcal | 32 g protein | 16 g fat | 30 g carbohydrate

Allergens: Shellfish, soy, sesame | **Swap**

notes: Tamari for GF; tofu for vegan.

Pairing: Riesling or sparkling water with lime.

Spiced Fish Fillets with Coconut Rice

A South-Asian inspired wok dinner where tender white fish meets aromatic coconut rice. The fish cooks gently while the rice soaks up every flavour.

Ingredients

2 tbsp oil

2 white fish fillets (cod or haddock, about 300 g total)

1 tsp ground turmeric

½ tsp cumin

½ tsp chilli powder

1 onion, sliced

1 garlic clove, crushed

100 ml coconut milk

300 g cooked jasmine rice

Juice of ½ lime

Fresh coriander to finish

Method

1 Dust fish lightly with turmeric, cumin and chilli.

2 Heat 1 tbsp oil and sear fish 2 minutes per side; remove and keep warm.

3 Add remaining oil, onion and garlic; fry 1 minute.

4 Add coconut milk and rice; toss 2 minutes

until hot.

5 Return fish, squeeze lime over and garnish with coriander.

Nutrition ≈ 420 kcal | 35 g protein | 18 g fat | 28 g carbohydrate

Allergens: Fish | **Swap notes:** Tofu for vegan; use light coconut milk to reduce fat.

Pairing: Sauvignon Blanc or crisp lager.

Seafood Udon in Chilli Broth

A Japanese-style stir-fried noodle soup that's halfway between a fry and a slurp. The wok's high heat builds the base broth in minutes, creating comfort without heaviness.

Ingredients

1 tbsp oil

1 garlic clove, sliced

1 red chilli, chopped

150 g mixed seafood (prawns, squid, mussels)

500 ml light fish or vegetable stock

2 tbsp soy sauce

1 tbsp mirin

250 g udon noodles

1 handful pak choi or spinach

Lime wedges to serve

Method

1 Heat oil; add garlic and chilli; fry 30 seconds.

2 Add seafood and stir-fry 2 minutes until cooked.

3 Pour in stock, soy and mirin; bring to a gentle simmer.

4 Add noodles and pak choi; cook 2 minutes until hot.

5 Serve in bowls with lime wedges.

Nutrition ≈ 390 kcal | 32 g protein | 14 g fat | 36 g carbohydrate

Allergens: Fish, shellfish, soy, gluten | **Swap**

notes: Tamari + rice noodles for GF.

Pairing: Dry white wine or cold green tea.

The Song of the Sea in a Wok

Seafood in a wok must move fast: seconds decide tenderness. The sound of sizzling shells or searing fillets is the sea's own rhythm — fleeting, fragrant, and entirely alive.

Chapter 9 – Rice, Noodle & Grain Feasts,

Egg Fried Rice Deluxe

A simple yet beloved classic elevated with extra vegetables, soy, and sesame. The trick is to start with cold rice and fierce heat; each grain should glisten rather than clump. It's endlessly versatile and takes minutes from pan to plate.

Ingredients

2 tbsp groundnut oil
2 eggs, lightly beaten
1 small onion, finely chopped
1 carrot, diced
100 g frozen peas
300 g cooked long-grain rice, cold
2 tbsp light soy sauce
1 tsp sesame oil
1 spring onion, sliced
Salt and white pepper to taste

Method

1 Heat the wok until very hot. Add one tablespoon of oil, pour in the eggs and swirl

to form soft curds. Remove and set aside.

2 Add the remaining oil and onion; fry for one minute. Add carrot and peas; stir-fry another minute.

3 Add the rice, breaking up any lumps, and toss for two minutes.

4 Add soy sauce and sesame oil; stir until glossy.

5 Return the eggs, season with salt and white pepper, and top with spring onions.

Nutrition ≈ 420 kcal | 15 g protein | 16 g fat | 52 g carbohydrate

Allergens: Egg, soy, sesame, gluten | **Swap notes:** Tamari + rice noodles for GF; omit egg for vegan.

Pairing: Dry Riesling or cold green tea.

Spicy Kimchi Noodles

A fiery, umami-packed noodle dish that brings the fermented heat of kimchi to the forefront. Perfect for clearing the sinuses and warming winter evenings.

Ingredients

200 g egg or rice noodles

2 tbsp oil

1 garlic clove, minced

1 tsp grated ginger
100 g kimchi, chopped
1 tbsp gochujang paste
1 tbsp soy sauce
1 tsp sugar
1 spring onion, sliced
1 tsp sesame oil

Method

1 Cook noodles, drain and set aside.
2 Heat oil in the wok; add garlic and ginger; fry 30 seconds.
3 Add kimchi and gochujang; stir-fry one minute until fragrant.
4 Add noodles, soy and sugar; toss two minutes until evenly coated.
5 Drizzle with sesame oil and sprinkle spring onions before serving.

Nutrition ≈ 400 kcal | 12 g protein | 15 g fat | 50 g carbohydrate

Allergens: Soy, sesame, gluten | **Swap**

notes: Tamari + rice noodles for GF; tofu for protein boost.

Pairing: Korean lager or sparkling water with lime.

Garlic & Eggplant Rice

Silky aubergine pieces folded into garlicky rice with soy and a hint of chilli. It's both comfort food and a fragrant side for richer dishes.

Ingredients

2 tbsp oil
2 garlic cloves, finely chopped
1 small aubergine, diced
½ red chilli, sliced
300 g cooked jasmine rice, cooled
2 tbsp light soy sauce
1 tsp rice vinegar
½ tsp sugar
1 tsp sesame oil

Method

1 Heat oil and fry garlic for 20 seconds.
2 Add aubergine and chilli; cook 5 minutes until soft and browned.
3 Add rice, soy, vinegar and sugar; toss 2–3 minutes until hot and evenly coated.
4 Drizzle sesame oil before serving.

Nutrition ≈ 370 kcal | 8 g protein | 14 g fat | 52 g carbohydrate

Allergens: Soy, sesame | **Swap notes:**

Tamari for GF.

Pairing: Dry rosé or sparkling jasmine tea.

Thai Basil Fried Rice

A fragrant Bangkok street-food staple where leftover rice meets garlic, chilli, soy, and the unmistakable aroma of Thai basil. Fast, hot, and alive with flavour.

Ingredients

2 tbsp oil

2 garlic cloves, minced

1 red chilli, finely sliced

1 small onion, chopped

250 g cooked jasmine rice (cold)

150 g chicken breast or tofu, thinly sliced

1 tbsp light soy sauce

1 tbsp fish sauce (or soy for vegan)

½ tsp sugar

A handful of Thai basil leaves

Lime wedges to serve

Method

1 Heat oil in the wok until shimmering. Add garlic and chilli; stir-fry 30 seconds.

2 Add onion and chicken or tofu; cook 3 minutes until browned.

3 Add rice, soy sauce, fish sauce and sugar; toss 3 minutes until glossy and lightly charred.

4 Fold in basil leaves and remove from heat as soon as they wilt. Serve with lime wedges.

Nutrition ≈ 420 kcal | 30 g protein | 15 g fat | 45 g carbohydrate

Allergens: Soy, fish | **Swap notes:** Tamari for GF; tofu for vegan.

Pairing: Cold lager or sparkling lime water.

Ginger Chicken Noodle Bowl

Comforting yet bright, this bowlful combines tender chicken, noodles, and ginger-soy broth for a wholesome meal that tastes like a restorative tonic.

Ingredients

200 g egg or rice noodles

2 tbsp oil

2 garlic cloves, minced

1 tbsp grated ginger

400 g chicken thighs, thinly sliced

500 ml chicken stock

2 tbsp light soy sauce

1 tsp rice vinegar

1 carrot, julienned

A handful of baby spinach

Spring onions and chilli flakes to serve

Method

1 Cook noodles, drain and set aside.

2 Heat oil; add garlic and ginger; fry 30 seconds.

3 Add chicken and cook 4 minutes until browned.

4 Add stock, soy and vinegar; simmer 3 minutes.

5 Add noodles, carrot and spinach; cook 2 minutes until hot. Serve with spring onions and chilli.

Nutrition ≈ 430 kcal | 34 g protein | 12 g fat | 48 g carbohydrate

Allergens: Soy, gluten | **Swap notes:** Rice noodles + tamari for GF.

Pairing: Light beer or green tea.

Coconut Curry Quinoa

A wholesome, grain-based dish bringing South-Asian warmth to a super-grain base. Creamy coconut and curry spices coat the fluffy quinoa grains for a healthy, filling lunch.

Ingredients

1 tbsp oil
1 small onion, finely chopped
1 garlic clove, crushed
1 tsp grated ginger
1 tsp mild curry powder
150 g cooked quinoa
100 ml coconut milk
50 g peas or chopped spinach
½ tsp salt and juice of ½ lime

Method

1 Heat oil and fry onion 2 minutes until soft.
Add garlic, ginger and curry powder; cook 30 seconds.
2 Add quinoa and stir to coat in spices.
3 Pour in coconut milk; simmer 3 minutes until creamy.
4 Add peas or spinach; cook 1 minute more.
Season and finish with lime juice.

Nutrition ≈ 350 kcal | 10 g protein | 14 g fat | 44 g carbohydrate

Allergens: None | **Swap notes:** Use light coconut milk for lower fat.

Pairing: Dry white wine or herbal tea.

The Grain Chronicles

Rice, noodles and grains carry memory in their steam. Each stir is a story — leftover rice becomes comfort, noodles become celebration, quinoa becomes reinvention. The wok makes them sing again.

Chapter 10 – Sweet Wok Desserts

Caramel Banana Fritters

Crisp on the outside, soft within, these quick fritters are inspired by the Thai and Malaysian tradition of wok-fried fruit desserts. The bananas caramelize instantly in hot oil, turning syrupy and golden. Serve with vanilla ice cream or a drizzle of honey for a decadent finish.

Ingredients

- 2 ripe bananas, cut into thick diagonal slices
- 2 tbsp plain flour
- 1 tbsp cornflour
- 1 tbsp sugar
- 3 tbsp cold water
- 3 tbsp oil for frying
- 1 tbsp honey (optional)

Method

- 1 In a bowl, whisk flour, cornflour, sugar and water to a smooth batter.
- 2 Heat oil in the wok until shimmering.
- 3 Dip banana slices in the batter and fry in batches for 1–2 minutes each side until crisp and golden.

4 Drain briefly on kitchen paper. Serve hot, drizzled with honey if desired.

Nutrition ≈ 310 kcal | 3 g protein | 14 g fat | 46 g carbohydrate

Allergens: Gluten | **Swap notes:** Use rice flour for gluten-free version.

Pairing: Sweet Riesling or jasmine tea.

Coconut Rice Pudding Stir-Up

A five-minute twist on a childhood comfort. The wok's high heat transforms leftover rice into a creamy, coconut-scented pudding enriched with brown sugar and a hint of vanilla.

Ingredients

300 g cooked jasmine rice

150 ml coconut milk

1 tbsp soft brown sugar

¼ tsp ground cinnamon

¼ tsp vanilla extract

Pinch of salt

Toasted coconut flakes to serve

Method

1 Combine rice, coconut milk, sugar, cinnamon, vanilla and salt in the wok.

2 Stir constantly over medium heat for 4–5 minutes until thick and creamy.

3 Serve warm, sprinkled with toasted coconut flakes.

Nutrition ≈ 350 kcal | 6 g protein | 16 g fat | 46 g carbohydrate

Allergens: None | **Swap notes:** Use light coconut milk for lower fat.

Pairing: Black tea or dessert wine.

Honey Sesame Noodles with Toasted Almonds

A delightful cross between pudding and snack, these noodles are sweetened with honey and perfumed with sesame — quick, unusual, and surprisingly moreish.

Ingredients

150 g thin egg noodles

1 tbsp butter or coconut oil

2 tbsp honey

1 tsp toasted sesame oil

2 tbsp toasted flaked almonds

1 tsp sesame seeds

Method

1 Cook noodles, drain and set aside.

2 Heat butter in the wok, add honey and sesame oil; stir until bubbling.

3 Add noodles; toss for 2–3 minutes until glossy.

4 Scatter with almonds and sesame seeds. Serve hot or warm.

Nutrition ≈ 390 kcal | 9 g protein | 18 g fat | 49 g carbohydrate

Allergens: Nuts, sesame, egg, gluten | **Swap**

notes: Rice noodles for GF; omit nuts if required.

Pairing: Oolong tea or sweet sparkling cider.

Crispy Pineapple with Brown Sugar Glaze

A simple dessert that embodies tropical sweetness. The pineapple caramelises beautifully in the wok's intense heat, creating a sticky, golden glaze. A spoonful of rum or a scoop of ice cream turns it into pure indulgence.

Ingredients

1 tbsp butter or coconut oil

2 tbsp soft brown sugar

½ tsp ground cinnamon

200 g fresh pineapple chunks

1 tsp rum (optional)
Mint leaves to garnish

Method

1 Heat the butter in the wok; stir in brown sugar and cinnamon until bubbling.

2 Add pineapple chunks; toss for 3–4 minutes until golden and coated in syrup.

3 Add rum (if using) and stir 30 seconds more.

4 Serve hot, topped with mint leaves.

Nutrition ≈ 280 kcal | 2 g protein | 9 g fat | 48 g carbohydrate

Allergens: None | **Swap notes:** Use maple syrup for refined-sugar-free version.

Pairing: Dessert wine or pineapple juice spritzer.

Chocolate Wok Brownies

A one-pan wonder for chocolate lovers. No oven, no fuss — just rich, fudgy squares cooked gently in a wok with the lid on. The result is dense, gooey perfection.

Ingredients

80 g butter or coconut oil

100 g dark chocolate, chopped

80 g caster sugar
1 egg
50 g plain flour
1 tbsp cocoa powder
Pinch of salt
½ tsp vanilla extract

Method

- 1 Melt butter and chocolate in the wok over low heat, stirring until smooth.
- 2 Remove from heat; stir in sugar, then beat in egg until glossy.
- 3 Fold in flour, cocoa, salt and vanilla until just combined.
- 4 Smooth mixture into a greased foil-lined wok base. Cover with lid and cook over very low heat 12–15 minutes, or until the centre is just set.
- 5 Cool slightly before slicing.

Nutrition ≈ 420 kcal | 6 g protein | 28 g fat | 38 g carbohydrate

Allergens: Dairy, egg, gluten | **Swap notes:** Vegan butter + flax egg for plant-based; GF flour blend if needed.

Pairing: Espresso or ruby port.

Mango & Ginger Wok Crêpes

A delicate finish to the collection. These light crêpes are stirred up in minutes and filled with juicy mango and ginger syrup — a fragrant finale for your wok journey.

Ingredients

75 g plain flour
1 tbsp sugar
1 egg
150 ml milk (or oat milk)
1 tbsp melted butter
1 ripe mango, sliced
1 tbsp honey
½ tsp grated fresh ginger

Method

- 1 Whisk flour, sugar, egg, milk and butter until smooth.
- 2 Lightly grease the wok with oil or butter; pour in a small ladle of batter, swirling to thinly coat.
- 3 Cook 1 minute per side until golden; repeat with remaining batter.
- 4 Meanwhile, heat honey and ginger until syrupy, add mango and toss to warm.
- 5 Fill crêpes with mango mixture and fold or roll.

Nutrition ≈ 360 kcal | 9 g protein | 14 g fat |
48 g carbohydrate

Allergens: Egg, dairy, gluten | **Swap notes:**
Plant milk + vegan butter + GF flour for
dietary needs.

Pairing: Moscato or ginger tea.

Epilogue:

The Sweet Whisper of the Wok

Dessert in the wok is theatre. Sugar caramelises in seconds, butter foams into gold, fruit turns jewel-bright. The same pan that fries chilli and garlic can, moments later, craft sweetness. That's the beauty of wok cooking: one vessel, endless transformation.